

food
Basics
CANADIAN AND PROUD



**ALWAYS
MORE
FOR LESS**

**ALWAYS
MORE
FOR LESS**



SAVE EVERYDAY

with brands you can only find at Food Basics



ALWAYS GREAT PRICE
3.97
EACH

IRRESISTIBLE
JUICE BLEND OR
ORANGE JUICE
1.54 - 1.65 L
SELECTED VARIETIES



ALWAYS GREAT PRICE
5.99
EACH

SELECTION
BACON
375 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.44
EACH

SELECTION OR LIFE SMART
PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.97
EACH

SELECTION
CEREAL
510 - 775 G
SELECTED VARIETIES

**JUST
LOW
PRICES**

**EXCEPTIONAL
VALUE, EVERY DAY**

Irresistible

Selection

*Life Smart
Mieux-être*



2⁷⁷
EACH

**SELECTION
WAFFLES**
280 G, FROZEN
SELECTED VARIETIES



2⁹⁷
EACH

**SELECTION
PANCAKE MIX
OR SYRUP**
905 G, 710 ML
SELECTED VARIETIES



4⁴⁹
EACH

**SELECTION
OR LIFE SMART
SPREAD**
250 - 500 ML
SELECTED VARIETIES



16⁴⁹
EACH

**IRRESISTIBLES
MAPLE SYRUP**
946 ML
SELECTED VARIETIES



**SELECTION
HASHBROWNS**
1 KG, FROZEN
SELECTED VARIETIES

2⁴⁷
EACH



13⁸⁸
EACH

**SELECTION
OR IRRESISTIBLES
FROZEN FRUITS**
2 KG
SELECTED VARIETIES



**SELECTION
OATS OR
INSTANT
OATMEAL**
430 G - 1 KG
SELECTED VARIETIES

2⁸⁸
EACH



**SELECTION
HONEY**
1 KG
SELECTED VARIETIES

10⁹⁹
EACH



4⁸⁸
EACH

**SELECTION
MARGARINE**
850 G
SELECTED VARIETIES



3⁹⁹
EACH

**SELECTION
HAM STEAKS**
250 G
SELECTED VARIETIES



5⁹⁹
/LB

**SELECTION
PEAMEAL STYLE
BACON**
13.21/KG
SELECTED VARIETIES



8⁹⁹
EACH

**IRRESISTIBLE
EXTRA THICK
CUT BACON**
500 G
SELECTED VARIETIES



4⁴⁹
EACH

**IRRESISTIBLES
TEA**
48'S
SELECTED VARIETIES



6⁴⁹
EACH

**SELECTION
FULLY
COOKED
BACON**
65 G
SELECTED VARIETIES



14⁹⁹
EACH

**SELECTION
GROUND COFFEE**
925 G
SELECTED VARIETIES



5⁹⁹
EACH

**SELECTION
INSTANT COFFEE**
200 G
SELECTED VARIETIES

**ALWAYS
MORE
FOR LESS**

**GREAT BRANDS,
GREAT PRICES**

Irresistible

Selection

*LifeSmart
Mieux
-étié*

SELECTION
CHIPS
200 G
SELECTED VARIETIES

1.49
EACH



SELECTION
SNACKS
265 - 285 G
SELECTED VARIETIES

2.88
EACH



3.99
EACH

**IRRESISTIBLES
CRISP CRACKERS**
150 G
SELECTED VARIETIES

SELECTION
PEANUTS
700 - 800 G
SELECTED VARIETIES

4.97
EACH



LIFESMART
NATURALIA
TORTILLA CHIPS
350 G
SELECTION
SALSA
430 ML
SELECTED VARIETIES

2.99
EACH



4.88
EACH

**IRRESISTIBLE
ICE CREAM**
1.5 L
NOVELTIES
3 - 4'S
SELECTED VARIETIES



2.27
EACH

**SELECTION
COOKIES**
270 - 325 G
SELECTED VARIETIES



1.79
EACH

**SELECTION
WAFERS**
200 G
SELECTED VARIETIES



6.99
EACH

**IRRESISTIBLE
CHOCOLATE
COVERED
ALMONDS** 300 G
**IRRESISTIBLES
CHOCOLATE
BARS** 300 G
SELECTED VARIETIES



99¢
EA.

**SELECTION
SPARKLING
WATER**
1 L
SELECTED VARIETIES



3.88
EACH

**IRRESISTIBLES
CRANBERRY JUICE
OR COCKTAIL**
1.89 L
SELECTED VARIETIES



4.44
EACH

**IRRESISTIBLE
SPARKLING
WATER**
6 X 1 L
SELECTED VARIETIES



8.49
EACH

**SELECTION
DE-ALCOHOLIZED
BEER**
12 X 355 ML
SELECTED VARIETIES



1.97
EACH

**SELECTION
GLASS CLEANER**
950 ML
SELECTED VARIETIES



3.99
EACH

**SELECTION
LAUNDRY
DETERGENT
OR SOFTENER**
1.62 - 1.8 L = 36 - 40 LOADS
SELECTED VARIETIES



1.97
EACH

**SELECTION
DISH DETERGENT**
800 - 828 ML
SELECTED VARIETIES



2.99
EACH

**SELECTION
CLEANERS**
710 ML - 1.2 L
SELECTED VARIETIES



3.99
EACH

**SELECTION
BLEACH**
2.4 L



19.99
EACH

**SELECTION
BATH TISSUE**
30 = 100



5.99
EACH

**SELECTION
PAPER TOWEL**
6'S



13.99
EACH

**SELECTION
FACIAL TISSUE**
12'S

JUST
LOW
PRICES

FAVE FLAVOURS FOR LESS

Irresistible

Selection

Life Smart
Mieux
-ette



ALWAYS GREAT PRICE ✓
11.99
EACH
IRRESISTIBLE
PORK BACK RIBS
FROZEN, 680 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
14.88
EACH
SELECTION
PIZZA
3 X 725 G, FROZEN
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
2.79
EACH
SELECTION
PEROGIES
907 G - 1 KG, FROZEN
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
13.49
EACH
SELECTION
MEAT LASAGNA
2.27 KG, FROZEN
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.97
EACH
SELECTION
PASTA OR
GNOCCHI
500 - 900 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.87
EACH
SELECTION
TOMATO SAUCE
680 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
6.99
EACH
SELECTION OR
IRRESISTIBLES
PARMESAN CHEESE
250 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
2.99
EACH
SELECTION
VEGETABLES
500 - 750 G, FROZEN
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.99
EACH
SELECTION
QUICK N READY
RICE
250 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.77
EACH
SELECTION OR
LIFE SMART
TOMATOES
540 - 796 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.29
EACH
SELECTION
CANNED
MUSHROOMS
284 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.49
EACH
SELECTION
LIGHT OR
FLAVOURED TUNA
85 - 170 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.67
EACH
LIFE SMART
BROTH
900 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
4.44
EACH
IRRESISTIBLES
BALSAMIC
VINEGAR
OR GLAZE
250 - 500 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
2.47
EACH
LIFE SMART
OR SELECTION
SALAD DRESSING
250 - 425 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
99¢
EA.
SELECTION
SPICES
5.5 - 150 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
9.99
EACH
SELECTION
JAMAICAN BEEF
PATTIES
FROZEN, 1.01 KG
SELECTED VARIETIES



LOCKED DOWN ✓
6.99
EACH
IRRESISTIBLES
FRESH PASTA
800 G
SELECTED VARIETIES



LOCKED DOWN ✓
6.99
EACH
IRRESISTIBLES
PEPPERONI
STICKS
300 G
SELECTED VARIETIES



LOCKED DOWN ✓
5.49
EACH
IRRESISTIBLES
BOCCONCINI
200 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
6.99
EACH
IRRESISTIBLE
CRISPY
CALAMARI
FROZEN, 340 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
7.99
EACH
IRRESISTIBLES
TORPEDO OR
IRRESISTIBLE
TEMPURA SHRIMP
FROZEN, 280 - 340 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.88
EACH
IRRESISTIBLE
SMOKED
OYSTERS
OR MUSSELS
85 G
SELECTED VARIETIES

contest
until March 11th



my
brands &
moi

total of
20 million
points
to be won

participate by purchasing
two products from
these brands

Selection

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

food
Basics

metro

*No purchase required. To participate, you must be a member of theMoi program. From February 12 to March 11, 2026. Prizes: There are thirty-five (35) lots to be won (total value of all prizes is \$160,000CAD). Prize conditions and contest rules are available at moirewards.ca. Moi Rewards is a trademark of Metro Inc.